

Life and Business Coach Rosalyn Fung to be Featured on CUTV News Radio

EDMONTON, ALBERTA, UNITED STATES, June 7, 2018 /EINPresswire.com/ -- Self-worth is the foundation for everything, because life is going to be messy. Whether it's our personal lives or our professional lives, challenges will present themselves. If we don't have a strong foundation of self-worth, life can become an even bigger roller coaster than it already is. If we can trust ourselves and know ourselves, we can begin to see the endless possibilities.

Rosalyn Fung is a self-love life and business coach and the founder of Rosalyn Fung Coaching,

"My tagline is "Unleash Your Inner Wonder Woman," says Rosalyn. "It's all about accessing that powerful place within you that is unstoppable. If we believe in the value we have, the gifts we possess, we can live in our passion and achieve peace and joy."



Rosalyn helps empower her clients to lead their lives and businesses from a place of self-love, a deep appreciation for one's self.

"Confidence is your belief in yourself to do something well or at least try it and know you will eventually get good at it," explains Rosalyn. "Self-worth is about the value you hold for yourself as a person. We must engage in the act of love with everything that we do."

A former marriage and family therapist, Rosalyn enjoyed a successful private practice for the last 11 years, but says she struggled in her personal life at the start of her career as a psychologist.

"I was so insecure about myself," recalls Rosalyn. "I felt like I didn't measure up. I can laugh about it now, but back then it was devastating."

Thankfully, Rosalyn discovered Hakomi, the study of how we stand in our relationship with ourselves and others. Through a powerful combination of psychology, neuroscience and spirituality, Rosalyn rediscovered her self-worth and unleashed her own inner Wonder Woman.

"I learned the art of slowing down, the art of embracing being perfectly imperfect," says Rosalyn. "It changed the way I worked with my clients as well."

As a licensed psychologist, Rosalyn could only work with people in her province. She knew she could help more people, but due to the guidelines of her profession, she was limited to who she would work with based on demographics. That's when she discovered coaching.

"I saw how my coaching peers were making such an impact and yet they also had freedom," says Rosalyn. "That's something I really desired. At that point I believed in myself so much, I just knew the power and potential I could have in the world. I thought, 'I've got to go for this.'"

Today, Rosalyn is helping women get out of their own way personally to grow their business.

"This is my calling. This is what lights me up," says Rosalyn. "Four years ago, this was just a dream, so I'm literally living in a fantasy now. And I don't stop dreaming and I keep taking action to make these dreams come true. I'm proud of that. It's what I want for my clients."

CUTV News Radio will feature Rosalyn Fung in an interview with Jim Masters on June 11th at 12pm EDT.

Listen to the show on [BlogTalkRadio](#). If you have a question for our guest, call (347) 996-3389.

For more information on Rosalyn Fung, visit www.rosalynfung.com

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